

ARTHRITIS ADVISORY COUNCIL MEETING

Date: March 12, 2003

Time/Place: 12-2, PTC Bldg, 7th Floor

Recorders: Deanna Jarvis

Facilitator: Patti Moran

Attendees: Susie Beem (phone), Bonnie Christophersen (phone), Karen Clark, Sharon Russell Egbert, Arla Farmer, Susan Gordon, Jeanette Jones, Kent McCarthy, Deanna Jarvis, Patti Moran, David S. Nielson, Diana Oehrke (phone), Darlene Pollard, Victoria Saley (phone), Melissa Starr, Dan Ward

DISCUSSION	ACTION/RECOMMENDATION	RESPONSIBLE PERSON(S)	DUE DATE
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UPDATES

<ul style="list-style-type: none"> <i>Arthritis Garden Project:</i> A volunteer for the Botanical Garden applied for a grant, <i>Increasing Physical Activity Among Adults 50 and Over Through Accessible and Enabling Gardening</i>. Patti is working with Rod Burke, Horticultural Director of the Idaho Botanical Garden, and it is in their long range plan to create an accessible garden. If the grant is awarded, and we will not know until April, IBG will utilize a site within the Garden to create the Accessible and Enabling Garden, which would feature trellis gardens, raised beds, containers, hanging planters, etc. The grant would also provide materials and tools for workshop participants. The grant application also proposes to develop a youth training program, to give younger people with chronic diseases such as arthritis an early introduction to a satisfying way of being physically active throughout their lifetime. <i>Parish Nurses Training Project:</i> The project is on hold because Sister Alice Mary is ill. <i>Fitness Professionals Workshop May 3 at St. Luke's Idaho Elks Rehabilitation Hospital, Boise:</i> Susan Gordon, Victoria Merrell, Rajcoomar "Raj" Issuree will train. The cost will be low. Dave suggested BSU be contacted, and Darlene suggested calling the social director at Assisted Living. <i>Idaho Media Campaign:</i> H&W's media contractor E/S Drake will look at focus group research in District 5 and in other states as they develop several different messages into 15 second TV and radio spots. A possible topic is 'You Can Do Something About Arthritis'. They will begin in May in the Boise market, and coverage will be expanded as more funding becomes available. Viewers will be invited to call the Idaho CareLine (211) to receive a booklet which will include information from all of the ads. CareLine provides a monthly report on calls, broken down by age, gender, town, and where heard (radio, TV, etc.). <i>CDC Grant:</i> The Idaho Arthritis Program application for funding for the coming year was combined in an umbrella application for 'Chronic Disease Prevention and Health Promotion Programs'. We should receive funding at our current level. Our next grant year begins June 30, 2003. <i>CDC Media Campaign:</i> 'Physical Activity: The Arthritis Pain Reliever'. The target audience is Caucasian with an emphasis on women and the African American population. See Susie's partner update. Our media contractor will also distribute the CDC radio and print PSA's to north, central, and east Idaho where we will not be doing any media buys. 	<ul style="list-style-type: none"> Patti, Diana Sister Alice All; Patti will call BSU and AL Patti, Susie Patti Patti, Susie 	After, and if, funds received
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PARTNER UPDATES

- South Central District Health Department (SCDHD):* Susie Beem is doing a media buy using the CDC campaign, 'Physical Activity: The Arthritis Pain Reliever', in their area and distributing other materials. Susie gave an overview of Bridgeview, a long term care/assisted living center in her area. Bridgeview has free PACE classes with daily attendance of 15-20 people. Classes are open to the community. Susie and the PACE/aquatics teacher from Bridgeview completed the Self-Help Training Class.
- SLRMC/Elks:* Susan discussed plans for the Fitness Professional training.
- SLRMC/Elks:* Darlene Pollard will teach the Arthritis Self-Help Course beginning June 2.
- Arthritis Foundation:* Bonnie thanked everyone for supporting the PACE Leader Training in late January. Eleven completed the PACE training; 13, Aquatics; 9, ASHC. The National Office has terminated the 3 week Self-Help course; only the 6 week is now available. The Fibromyalgia Course has been integrated into the Arthritis Course. If you teach a course of less than 6 weeks, you cannot use the words "Arthritis Foundation" or "Self-Help"; and you cannot use any of the materials, which are copyrighted.

In the new 6 week course, Fibromyalgia leaders may substitute the word “Fibromyalgia” wherever “Arthritis” is used. When the new materials are available, Bonnie or Victoria will do a conference call or 1 on 1 to update all leaders.

- *National Arthritis Month:* Arthritis Education Day will be May 17th at St. Luke’s Meridian. Presenters will be Dr. James Loveless; Dr. Stephen Eklund (RA, OA); Dr. Barbara Quattrone; Dr. Colin Poole; Rod Burke; Jody Bradbury, OT; and Kelly Odell, RT. Brochures are ready to go to the printer; Bonnie can provide limited quantities when they are ready or you can get a white copy to make larger quantities. All information is on the web: www.arthritis.org. Dan will incorporate the brochure information into case management and the BC newsletter. Bonnie asked for sponsors and volunteers.
- *Juvenile Arthritis Day:* JA Day is planned for October 11. Dr. Knibbe will speak. Bonnie is looking for a venue which will enable the kids to have a fun time while their parents are listening to Dr. Knibbe. St. Luke’s Elks Rehabilitation Hospital is a possible venue.
- *Arthritis Foundation website:* Bonnie reports the new website is spectacular! There is a new Spanish section and an online community for fibromyalgia. Treasure Valley Fibromyalgia is working with Bonnie to link their information to FM Connect.
- *ASHC:* The next Arthritis Self-Help Course will be at St. Luke’s Idaho Elks, Boise June 2, 2003. Darlene Pollard will teach.
- *Blue Cross:* Dan Ward extended an invitation to participate in the Blue Cross Century Ride on August 10. Riders can complete the 25 mile ride or join Dan in the 100 miler.
- *Council on Aging Conference:* May 21st Patti will present a basic course in arthritis self-management at the conference in May in North Idaho. The next day she will meet with a number of people involved in arthritis activities in the area.

SUBCOUNCILS

Education Day: May 17, St. Luke’s Meridian. Volunteers are needed for registration and room moderators. Call Darlene to volunteer. Melissa will work on promotion through AARP.

Surveillance: Dave, Dan and Arla will create a model to put data together. Arla may be able to extrapolate the most data from Medicaid.

Fitness Professionals: May 3, St. Luke’s Idaho Elks. Susan, Patti will work on presentation outlines, obtaining CEU’s (especially for athletic trainers), inviting those who returned the interest survey and others in community physical activity programs. The cost will be kept low. Maximum attendance will be set at 50.

- All
- Dave, Dan, Arla, Patti
- Patti, Susan

OTHER –

Juvenile Arthritis Day: Susan suggested St. Luke’s Idaho Elks. St. Luke’s Idaho Elks could debut the new RA protocol. There is also a Kid’s PACE video called Shake, Rattle & Roar, based on animals.

FUTURE EVENTS

- *Arthritis Self-Help Class:* 6 week course begins Wednesday, March 26, 2003, in Moscow.
- *Arthritis Self-Help Class:* 6 week course begins Wednesday, April 2, 2003, in Twin Falls.
- *Fitness Professionals Training:* Saturday, May 3, 2003 - St. Luke’s Idaho Elks.
- *Regular AAC Meeting:* Wednesday, May 14, 2003, 12:00 – 2:00 pm. Please call Patti if you would like to her to arrange for a speaker.
- *Arthritis Education Day:* Saturday, May 17, 2003, 12:00 – 5:00 pm
- *Arthritis Self-Help Class:* 6 week course begins Monday, June 2, 2003, in Boise.

Respectfully submitted, Deanna Jarvis, Administrative Assistant, Idaho Arthritis Program, March 13, 2003.